ABSTRACT OF THE DISCLOSURE

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A Nd-Fe-B type anisotropic exchange spring magnet is produced by a method of obtaining powder of a Nd-Fe-B type rare earth magnet alloy which comprises hard magnetic phases and soft magnetic phases wherein a minimum width of the soft magnetic phases is smaller than or equal to 1 μm and a minimum distance between the soft magnetic phases is greater than or equal to 0.1 μm , obtaining a compressed powder body by compressing the powder, and obtaining the Nd-Fe-B type anisotropic exchange spring magnet by sintering the compressed powder body using a discharge plasma sintering unit.